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# WESTHALL VILLAGE NEWS

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Contact: [secretaryracehorse@gmail.com](mailto:secretaryracehorse@gmail.com)

April 2020

## A message from The Racehorse Community Pub

First of all, can we wish everyone well during these difficult times. Please stay safe.

The COVID-19 virus has created an unprecedented situation for many businesses, and so it is with The Racehorse. We were starting to see some real progress in the enterprise and now we find ourselves, like every other pub, with closed doors.

But I want to tell you that we remain upbeat. After the first months of operation, we know we have the potential to be a really great community asset for Westhall, it's surrounding villages and towns. Please understand we will make it happen. The Racehorse is still here!

The committee continues to meet and plan our way forward in what is an evolving situation. Elsewhere in this Newsletter, we talk about immediate help we can provide to the local community, but we also need to plan for that time when we will be able to move around more freely and The Racehorse opens its doors to one and all. What a day that will be!

So, what are we doing? Well, first of all we are looking to do some work on the pub during this time – cleaning, tidying, painting, repairing. All, of course, within the guidelines set by the government. We will also be looking at what options we have for continuing our rental, should the restrictions last a long time. We will be preparing for reopening, so we are ready to go as soon as we can. And we will be planning in more detail the purchase.

So, there is still plenty to do. If you have any ideas on other things we might do during this time, or want to get more actively involved, please contact Stu Read by phone on 01502 575 or email [westhallstu@gmail.com](mailto:westhallstu@gmail.com). Remember, it is your community pub!

We will update you further as things progress. Once again, please stay safe.

**The Racehorse Committee**



**The Racehorse is organising food deliveries to the village to make shopping easier in these difficult times. Initially, we will be accepting deliveries from Halesworth Florist and Greengrocer, Bramfield Meats and Stradbroke Bakery. We hope to expand the offering at a future date. If you would like to participate and receive a delivery before Easter, please let us know by Tuesday.**

**Fruit and Vegetables:**

Phone Carina or Shirley (01986 873100) at Halesworth Florist and Greengrocer. They will take an order and deliver it to The Racehorse on Wednesday's

**Meat:**

We have a list of products that are available from Bramfield Meats. The list is available on our website ([westhallpub.com](http://westhallpub.com)) let us know if you prefer a hard copy. Phone or send us your order and we will let you know when it can be collected.

**Bread:**

We have a list of products from Stradbroke bakery and can order items from them. The list is available on our website ([westhallpub.com](http://westhallpub.com)) let us know if you need a hard copy and we will place your order for you and let you know when it can be collected.

**The plan is to make it easy for people to pick up orders from the pub carpark at set times. Invoices will be issued and payments can be arranged via bank transfers, card machine, cheque or cash. If you would like to place an order please contact us in one of the following ways;**

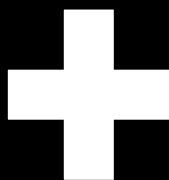
**Call. Brenda Smith on 01502 575800**  
**Email. Maz Clarke**  
**on [racehorseshop@gmail.com](mailto:racehorseshop@gmail.com)**

## NHS Prescription Deliveries

The Racehorse has been acting as a prescription pick up point for The Cutlers Hill Surgery for a while now.

In order to help people further Prescriptions are being picked up on Thursday mornings and delivered to peoples homes.

If you would like to use this scheme contact the pharmacy at Cutlers Hill.



## Easter Animals!

Anne Hodge has made these cute Animals to raise money for The Church

If you would like to buy one give her a ring on 01502 575163



## Westhall Volunteers - Here to Help

With the restriction on travel now in place, your Parish Council has activated a plan designed to help you in cases of emergency. This consists of Volunteers - 6 in number - who are each responsible for an area of the parish. Principally, they were to help parishioners get to a place of safety, namely the village hall, but in this instance, they are a link to you providing extra information to enable you to continue daily life. They have been working with Halesworth Volunteer Centre in distributing a card which you should all have received by now. They have also been making a note of all those who said they needed help in getting food or medical supplies.

Halesworth Volunteers will help if you need someone to get food or medical supplies from Halesworth or elsewhere. The card gives you a number to call, and an email link, if you have this, so that you can get support in your own home.

Contact Halesworth Volunteers on phone number 01986 875600 or Email [covid@halesworthvc.co.uk](mailto:covid@halesworthvc.co.uk) Halesworth Volunteer Centre is mainly focusing on providing a service for those who used food banks - particularly for those who find they can't get help from their friends or neighbours. It also has access to some funds for those who have lost access to an income, for whatever reason. If you need further help call, or contact your neighbour to call a Volunteer. To contact a Volunteer, call on 01502 575283 or 07544 655243 and I will put you in touch with the person for your area. If you are stuck without a phone and can't get out - hang a tea towel through your letter box or attached to the door. This is Westhall PC's idea in case phones don't work.

Also, here's a round-up of organisations that can offer you support during this crisis:

1. Home But Not Alone Volunteer App: Suffolk County Council has launched a free app, called Tribe Volunteer, and phone line - 0800 876 6926 - to connect volunteers with those needing help. The number operates 09:00 to 17:00, seven days a week
2. Age UK Suffolk: 01473 357070 / 01473 351234
3. Community Action Suffolk: For information for volunteers and communities contact 01473 345400
4. Suffolk MIND: Help available for emotional needs and mental health on 0300 111 6000
5. Domestic Abuse: Call 0808 2000247 if you don't feel safe
6. Samaritans: 116 123 or [jo@samaritans.org](mailto:jo@samaritans.org)
7. Alzheimer's Research UK: If you, or someone you care for, needs support and information call the dementia info line on 0300 111 5 111

**Charles Baker - Parish Councillor & Co-ordinator**

## Good Friday Drinks!

The Racehorse is offering drinks to be collected from the bar on the 10<sup>th</sup> April. As always, we have a good variety of drinks, with something for everyone:

**Green Jack “Gone Fishing”** E.S.B. 5.5% a deep amber coloured ale brewed with American hops. Also known locally as “Gone Missing” as it goes down far too easily!

**Lager** (TBA either Becks Vier or Stella depending on demand)

**Aspall’s Cider**

All £1.50pt Use own container or 1/2pt available

**Sparkling Wine** £10

Adnams Prosecco

**Wines:** All £8 a bottle

White

*Villa Maria/The Ned* Sauvignon Blanc

Pinot Grigio

*Five Foot Track* Chardonnay

Reds

*Baron de Baussac* Carignan (France)

Adnam’s Malbec

*Finca Carelio* Tempranillo

Some other bottled beers, cans and soft drinks are available – please ask.

Drinks to be pre-ordered and can be collected with a food order or between

1800-1900 Friday. If you are unable to collect, it may be possible to deliver especially if you are self-isolating.

## Walks around Westhall

A couple of ideas to add interest to your daily walks around Westhall:

Louise and Kevin at Paradise Farm have suggested that people might like to view the donkeys from the Paradise Farm footpath (which is no longer so muddy) as they are now out in the big meadow every day.

If Louise and Kevin are out in the garden and notice anyone on the path, they will let you onto the meadow so you can walk to the donkeys - who love visitors and will come up to the electrified tape to say hello.

**BUT PLEASE DON’T LET YOURSELVES INTO THE MEADOW** (a) because you’ll be handling their gate and (b) because if Louise and Kevin are walking their dogs in the meadow at the time the dogs may not take kindly to strangers!! No dogs to be taken on to the meadow please and of course, remember to observe social distancing at all times.

And Kim and Nick at Ivy Grange Farm have a good display of snake’s head fritillaries (damp loving flowers) that will be good to view for the next couple of weeks. If you want to take a look, just turn down their drive turn and head towards the house and then turn left across the grass where you can see the moat – walk with the moat on your right and head for the area with the electric fence tape (it’s not electrified but is there to try to keep the muntjac deer at bay).

From there you’ll be able to see the fritillaries in with daffodils and some early cowslips. You don’t need to see anyone, just enjoy the flowers – and if Kim or Nick see you, they’ll happily say hello but will be observing social distancing.

## “I’ll Be Seeing You”

On Tuesday 24<sup>th</sup> March 2020, friend and volunteer of the Halesworth Airfield Museum, Richard Pymar held an impromptu memorial service outside the village hall, lowering the American flag to half-mast to honour the crew-members of the B-17 Flying Fortress “I’ll Be Seeing You”, which crashed in Westhall on the 24<sup>th</sup> March 1945, after being extensively damaged over Germany during Operation Varsity. An official memorial service had been prepared, with the family of a crew-member flying over from the United States. However, due to restrictions and measures, they were unable to make it. Therefore, it has been decided, with agreement from the family, to postpone this event for a time later in the year when measures are lifted. The new date will be duly advertised when agreed upon.

## Get Westhall Growing!

Our Westhall Gardening Club had 8 people at our first meeting in February with a lot of interest and enthusiasm in learning more about the basics of growing things – soil types, pruning, garden visits, sowing seeds, seed swaps, season Q+As, “wilding” and much more.

Our next meeting was due to be held on 9 April in the pub which now won't happen, so we've been thinking about other ways to keep the enthusiasm going. In the current situation there seems to be a lot of enthusiasm for “growing your own” and anecdotal evidence suggests that there's been a real run on fruit and veg seeds! So, the Parish Council have very kindly offered some half-plots on the Locks Road allotments, to use as a pilot community growing project until November. Our plan is to sub-divide the plots (depending on numbers interested) so that more people have access to space to grow a couple of rows of fruit or veg, which might be less daunting than taking on a larger space! If you are interested in joining in, please email [kimhoare@btinternet.com](mailto:kimhoare@btinternet.com) or call on 01986 781467 (please leave your number if you leave a message) and we'll see what sort of numbers we have and work out how to organize the plots.



And in the meantime, dig out those seed packets or head down to Holton Road Garden Centre who have a good supply, and get sowing your seeds ready to go from the end of the month, by which time the plots will be cleared and ready for action! Hopefully the current restrictions will not last too long, but it should be possible to work the plot as part of your daily exercise regime, being aware of anyone else on the site and ensuring you maintain 2m distance.

## The Story of Eyam

With all this talk of social distancing and self-isolation, perhaps now is a good time to learn (or perhaps remember) the famous story of Eyam, a quaint village nestled deep in the Derbyshire Dales.

In the year 1665, the town's tailor ordered a bundle of cloth from London to start his work. Unbeknownst to him, the capital was experiencing the worst plague outbreak since the Black Death. Within a week, his assistant, George Viccars, was dead, with many more within the household dying in the following days.

As the disease spread, the villagers turned for leadership to their rector, the Reverend William Mompesson, and the ejected Puritan minister Thomas Stanley. They introduced a number of precautions to slow the spread of the illness from May 1666. Perhaps the best-known decision was to quarantine the entire village to prevent further spread of the disease. Goods were left on the outskirts of the village, and in return coins were placed in a rock – now known as the Boundary Stone – and soaked in vinegar, believed by some to rid the disease.

Between the first death and the last, the villagers set an extraordinary and enduring example of self-sacrifice by sealing off the village from the surrounding areas to prevent the disease spreading. The plague ran its course over 14 months and one account states that it killed at least 260 villagers, with only 83 surviving out of a population of 350. But outside that village, and outside London, not a single case was recorded.

So, take heed of doctors' advice: social distancing does work!